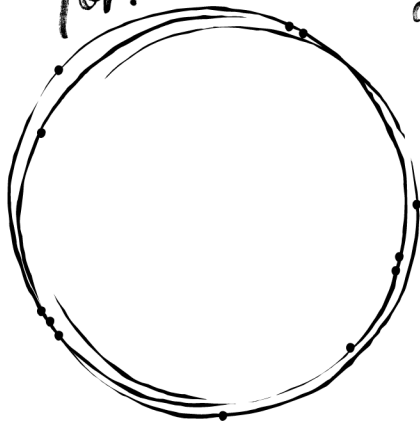


daily mood tracker

I am thankful for:



date: _____

draw >  morning--noon--afternoon--evening--night



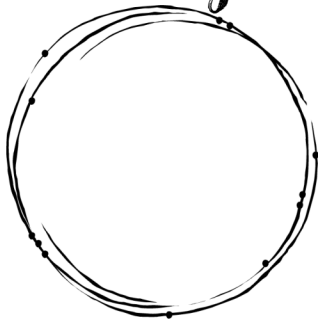
stress level > - = = = = = = = = =

energy level > - = = = = = = = = =

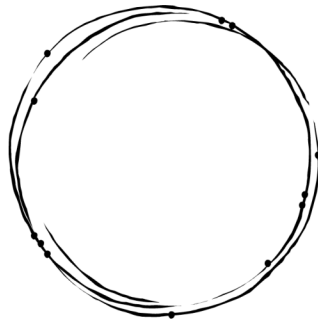
today I felt:

[love] [joy] [fear] [sadness] [anger] [trust] [surprise]
[hope] [embarrassment] [anxiety] [disgust] [gratitude]
[shame] [pride] [jealousy] [guilt] [relief] [optimism]

my challenges:



my achievements:



notes: _____

self care:

exercise
healthy meals
bath
read a book
sleep well
write a journal
nature time
friends & family

create art
music
yoga
tv/movie
deep breath
long walk
cooking
other: _____

